



Dear Swim Team Parents,

Welcome to the 2015 West Valley Swim League. The City of Surprise and City of Peoria are excited for the new year, and hope to make this season the best for everyone involved.

The 2015 teams are:

Peoria Piranhas – Coach Trevor Migliorino
Centennial Stingrays – Coach Jessi Jones
Sunrise Green Sharks – Coach Katie Kelley
Sunrise Red Sharks – Coach Kori McMillin
Surprise Swordfish – Coach Emily Hearn
Surprise Tsunami – Coach Stephanie Zubac

The City of Surprise is proud to offer the recreational swim teams for the kids in our community. In order for us to have a successful season, we need the support of the families. We ask that one parent from each family volunteer to work one swim meet during the season. Coaches and staff will be asking for volunteers prior to the start of the meet – don't worry, they will train you! With the support of the families and the kids in our league, we can have a great season.

Please make sure to read this manual for swim team information. We will also continue to update you with information on the city website and at the pool.

If you have any other questions or concerns, please let us know. Thanks and have a great season!

Sincerely,

City of Surprise Aquatics
Aquatics Supervisor
Joann Estfan
joann.estfan@surpriseaz.gov
(623) 222-2000

Aquatic Teams Coordinator
Tim Manley
tim.manley@surpriseaz.gov
(623) 222-2264



Registration Info

As summer nears we hope you going to join us this summer on one of the swim teams or dive teams! We have made some changes on how to register this year! Registration for **returning team members** begins Monday, April 27th at 8:00am at the Surprise Community Recreation Services Office, 15960 N. Bullard Ave from 8:00am to 5pm. You may also register at the Surprise Aquatics Center from 4:00 – 8:00 pm Monday - Thursday beginning Monday, April 27th. You must register in person so that we can verify that you were previously on a team. Sorry there will be no on-line registration for any swim teams. Registration will be on-going for previous members throughout the week.

Swordfish & Tsunami Swim Practices are Monday thru Thursday with our first practice beginning on Tuesday, May 26th following the Memorial holiday. Our team handbook and meet schedules are available online at www.surpriseaz.gov/aquatics

This year participants have a choice of their practice times as practices are split between 8 & under and 9 & over participants (provided the space available in each practice time). During practice time the swimmers will be divided by a combination of skill level and age, by the coaches to ensure your child receives age and skill appropriate practices. The positive of this new practice schedule is that if you have two or more children who in the past have had practice times that were spread out, they now can practice during the same time. This will keep families from being at the pool all morning long.

Swim team suit sizing will be Saturday, May 2nd at the Surprise Aquatic Center from 8:00-11:00am New participant tryouts, registration and team suit sizing will be Saturday, May 2nd at the Surprise Aquatic Center from 8-11am. This will also be the City of Surprise Community Safety Day!

Non-resident registration will begin on Monday, May 11th beginning at 8am, however non-residents can try out on May 2nd!



We also currently have our Surprise Storm USA Swim Team practicing throughout the summer, if you are interested in scheduling a trial of this program please see more information on our website at www.surprisestorm.com

If you have further questions please contact Tim Manley at tim.manley@surpriseaz.gov or 623.222.2264

TABLE OF CONTENTS

Swim Team

Registration Info	2
Goals..4
Communication.4
Requirements.4
Swim Practices.5
Swim Team Clinics / Classes5
Swim Meets6
Dual Meets.6
Maps to Meets	7
Splash & Dash.7
Distance Challenge7
Championship Meets.8
Disqualifications9
Parent Volunteers.9
Awards.10
Team Pictures.10
End of Season Party.10
Team Suits.	10
Pictures Schedule.10

SWIM TEAM GOALS

We want to provide fun, safe, recreational swim teams for everyone to enjoy. Participants should work hard to improve, make new friends, cheer on others and have a fun summer.

All swimmers must realize that they are competing only against themselves. Each swimmer should give 100% in each race and workout. All swimmers and spectators should support and encourage all swimmers, including opposing teams. If everybody keeps this in mind, we will have a fun and successful season.

COMMUNICATION

Communication with the staff/parents/swimmers is crucial for a successful season. In addition to this manual, information will be available online and at the pools. We will update these pages on a regular basis with information about your team.

If there are any issues/concerns/compliments that you would like addressed, please do not hesitate to contact us:

Evaluations

We appreciate any feedback that we receive regarding our programs. We will again be asking for parents to complete evaluations at the conclusion of the season and will make any changes that are possible to improve the league next year.

REQUIREMENTS

Any swimmer ages 4-18 on June 1, 2015 is eligible to join the swim team. Your age as of **June 1, 2015** determines your age group for the entire season. Coaches may ask swimmers to swim up an age group in order to fill a relay spot, but swimmers may not ever swim down an age group.

If the coaches, parents and swimmer all agree that they would like to participate in an age group up, the swimmer may do so, but must compete in the older age group for the entire season, including championships. There is no requirement for moving up an age group in this league.

You must be registered BEFORE participating in any practice and/or swim meet.

Swimmers must meet the following:

8 & under – must be able to swim 25 yards without assistance in under 70 seconds.

9 & older – must be able to swim 50 yards without assistance in under 2 minutes.

A full refund will be given for those not making the time standards by the end of the first week.

SWIM PRACTICES

Swim practices emphasize both conditioning and stroke technique. All four strokes (butterfly, backstroke, breaststroke, and freestyle) as well as starts and turns are practiced. Although not required, swimmers are encouraged to attend practices when possible.

Practices will be held Monday – Thursday from May 26 – July 16. Please check the websites for exceptions. Swimmers should attend the practice time according to where they are registered. All 8 & under swimmers should register for a 30 minute swim practice and 9 & older should register for a 60 minute practice. Coaches will divide swimmers within the practice based on age and ability. For competitions (swim meets), swimmers will compete in their age group as of June 1, 2015:

6 & under boys/girls	7-8 boys/girls
9-10 boys/girls	11-12 boys/girls
13-14 boys/girls	15-18 boys/girls

Coaches may move swimmers around to ensure the highest level of productivity at practice, but swimmers must only practice on the team they are registered for, and during one practice time. Please do not leave small children unattended at the pool. Our coaches are very busy during practices and cannot babysit children.

First Day of Practice

The first day of practice will be held on Tuesday, May 26th. Swimmers should make sure to have sunscreen applied prior to practice. Goggles and a swim cap (for those with longer hair) are recommended, but not required. Please be flexible on the first day, as coaches will be trying to learn everyone's names and get them in the right lanes to insure age and skill appropriate learning. It is not mandatory to attend practices – we understand several schools do not get out for the summer until after practices begin.

SWIM TEAM CLINICS / CLASSES

Swim team should not be considered a replacement for swim lessons. The classes are much smaller in swim lessons and individual needs are more easily met. Swimmers participating in both swim lessons and swim team reach their full potential quicker than others. For a list of swim classes/clinics, please visit www.surpriseaz.gov/aquatics

SWIM MEETS

Each team will compete in 5 regular season dual meets, a Splash & Dash, a Distance Challenge meet, Championships and possibly Finals at the end of the season. Attendance is not required for any of the meets, but you must have swam your events at least once to qualify for championships.

Dual Meets

All meets are split into 2 sections: 10 & under (includes 6 & under, 7-8 and 9-10 age groups) and 11 & older (includes 11-12, 13-14 and 15-18 age groups).

We ask that any swimmer that wishes to participate in each swim meet should sign-up with their teams lead coach by the day prior (Thursday) to the meet! We will be able to accommodate those who forget, but if you do not commit for the Championships we will not be able to make changes the day of the meet!

Please make sure to arrive on-time for the meets. A warm-up period is allowed for both groups, and it is recommended that all swimmers participate in warm-up. The facility will open 15 minutes prior to the start of warm-ups. If you are in the 11 & older group, you do not need to show up until the 11 & older warm-up time, which is usually 1 hour after the start of the meet, always try to error to be earlier.

Swimmers will swim 3 events at each meet (see Swim Meet Schedule for specific events). All swimmers will be able to swim on a relay when relays are included in the meet. A swimmer may be asked to swim in a different age group to ensure everyone gets to participate in the relays.

Swimmers should stay in or near the team area. Once the swimmer's event is called, they should report to the coach near the blocks. Coaches will be there to assist swimmers, but it is the swimmer's responsibility to know when their race is.

Dual Meets:

10 & under	Warm-ups: 4:40pm-4:55pm (Home) 4:55pm-5:10pm (Visitors)
	Meet Starts: 5:15pm
11 & older*	Warm-ups: Estimated between 6:30pm-7:00pm*
	Meet Starts: Estimated 7:00pm*

Championship Meets have alternate schedules and information is listed later in the handbook and additional information will be distributed prior to the meets.

*The 11 & older warm-up will begin immediately following the 10 & under meet. Times are estimated, so please be flexible.

Make sure to bring: Sunscreen, Team suit/cap/goggles (if desired), Towel, Water or sports drinks to stay hydrated

Away Swim Meet Locations

	<u>City of Peoria Pool Maps</u>
Centennial Pool	<u>8075 W. Acoma Drive, Peoria, AZ 85382</u>
Peoria Pool	<u>11200 N 83rd Ave, Peoria, AZ 85382</u>
Sunrise Pool	<u>21321 N. 86th Drive, Peoria, AZ 85382</u>

Splash & Dash

Saturday, June 13th, 2015

Sunrise Pool / Fields

7:00am-9:30am

The Splash & Dash is offered free of charge for everyone. We have added an adult group this year, so parents, feel free to participate! Please register with your city prior to the event if you wish to participate. Please visit your swim team page for more information.

Distance Challenge

Saturday, June 27th, 2015

Tsunami/Swordfish/Stingrays @ Surprise Pool

Red Sharks/Green Sharks/Piranhas @ Peoria Pool

8 & under	7:30am-8:30am
9-10	8:30am-9:45am
11 & older	9:45am-11:45am

This meet is meant as a fun “distance challenge” for swimmers. Swimmers will “snake” swim using all 8 lanes, climb out and go through the course as many times as possible/desired in the time allotted. Awards will be given out for the distances achieved for each swimmer.

Super Sprint Triathlon Distance	17 lengths
Sprint Triathlon Distance	33 lengths
Olympic Triathlon Distance	66 lengths
Half Ironman Distance	83 lengths
Ironman Distance	166 lengths

Please meet at the pool 30 minutes prior to the start of your age group for stretching and instructions.

Championship Meets

At the completion of the dual meet season, ALL swimmers qualify for a championship meet.

10 & under Championship Prelims

Friday, July 10 at Sunrise Pool (Tsunami, Green Sharks, Piranhas)

Warm-ups: 4:55pm-5:10pm (Green Sharks)
5:10pm-5:25pm (Tsunami/Piranhas)

Meet Starts: 5:30pm

Saturday, July 11 at Sunrise Pool (Red Sharks, Stingrays, Swordfish)

Warm-ups: 7:25am-7:40am (Stingrays/Red Sharks)
7:40am-7:55am (Swordfish)

Meet Starts: 8:00am

Swimmers may swim up to 3 events during the meet (coaches will work with swimmers to determine best/favorite events to swim). Coaches will enter events for swimmers on Thursday, July 2, so make sure to turn in any special requests prior to that date. Times will be combined from the two 10 & under championship prelims, and the top 8 overall times in each event will qualify for finals on Saturday, July 18. The aquatics rainout line will be updated if necessary: 623-222.2500.

11 & older Championship Prelims

Thursday, July 16 at Surprise Aquatic Center

Warm-ups: 4:40pm-4:55pm (Green Sharks/Red Sharks)
4:55pm-5:10pm (Stingrays/Piranhas)
5:10pm-5:25pm (Swordfish/Tsunami)

Meet Starts: 5:30pm

Swimmers may swim up to 3 events during the meet (coaches will work with swimmers to determine best/favorite events to swim). Coaches will enter events for swimmers on Thursday, July 2, so make sure to turn in any special requests prior to that date. The top 8 overall times in each event will qualify for finals on Saturday, July 18. The aquatics rainout line will be updated if necessary: 623-222.2500.

Championship Finals Meet

Saturday, July 19 at Surprise Aquatic Center

All qualifying swimmers: Warm-ups: 7:40am-7:55am (Swordfish/Tsunami)
7:55am-8:10am (Stingrays/Piranhas)
8:10am-8:25am (Green/Red Sharks)


Meet Starts: 8:30am

The top 8 qualifiers (after times from both prelims are combined) at the 10 & under championship prelims and 11 & older championship prelims will qualify for the Championship Finals Meet on Saturday, July 18 at Surprise Aquatic Center.

If a prelims is cancelled due to weather, it will be made up on Saturday, July 18 in place of the Championship Finals Meet. There will be no make-up date for the Championship Finals Meet.

DISQUALIFICATIONS

The coaches work hard to help correct improper stroke technique throughout the season. To assist swimmers and coaches in the learning process, we will implement Disqualification Reports (see below) during the meets. These are meant as a learning tool, not a penalty, and will hopefully help swimmers to use proper swim techniques.



DISQUALIFICATION REPORT

LANE _____

During: Start _____ Swim _____ Turn _____ Finish _____

☐ Touching Bottom of the Pool/Lane Lines/Wall
☐ Swam wrong stroke
☐ Breaststroke Kick: ☐ Alternating ☐ Fly ☐ Scissor
☐ Breaststroke: Head did not break surface
☐ Breaststroke Cycle: ☐ 2 arm strokes ☐ 2 leg kicks
☐ Breaststroke Touch: ☐ One hand ☐ Non-simultaneous
☐ Breaststroke: Hands beyond hipline
☐ Butterfly Kick: ☐ Alternating ☐ Breaststroke ☐ Scissor
☐ Butterfly Arms: ☐ Non-simultaneous ☐ One arm
☐ Butterfly: More than one pull while underwater
☐ Butterfly Touch: ☐ One hand ☐ Non-simultaneous
☐ Backstroke: Not on back off of the wall/during swim
☐ Backstroke Kick: ☐ Scissor
☐ Other _____

DQ Reports are meant to be a learning tool for swimmers, and encourage proper stroke technique. Swimmers 9 & older doing illegal strokes will be disqualified and not be eligible for 1st-7th place ribbons. 8 & unders will receive their ribbons if, according to the judges, have made an honest attempt at swimming the correct stroke/technique. The judges will be giving warnings during the first few swim meets. Please talk to your coaches if you have questions.

PARENT VOLUNTEERS

In order for our swim meets to run smoothly, we need the assistance of the parents. We ask that one parent from each family volunteer to help for at least one swim meet during the year. Coaches and staff will request volunteers prior to each swim meet. The meets will not be able to start until the positions are filled – please don't hesitate to volunteer!

Timers/Ribbon Distributors – Best seat in the house. These volunteers are given stop watches to time the swimmers in their lane (preferably 2 timers per lane). They also assist with the distribution of ribbons to each swimmer following their race.

Place Judges – These volunteers write down the order of places for the swimmers and then hand off the results to the timers/ribbon distributors.

Starter – Is responsible for starting each race and assisting with announcements. We will train you prior to the meet, so don't be nervous!

If you are unable to volunteer your time, we ask that you donate a case of bottled water for the volunteers. Water can be dropped off at the office during practice.

AWARDS

All swimmers will receive ribbons for each of their swim meet events which they compete. Place judges/timers/ribbon distributors (all volunteers) work together to ensure the proper place ribbons are given to each child.

Championship medals will be awarded to all participants at the Championships. An electronic timing system will be used during Championship Meets to assist with the placement of the swimmers.

Trophies will be given to all swimmers at the end of season party. If you are unable to attend the party, please pick up your trophy at the pool before July 25.

TEAM PICTURES/TEAM SUITS

Team pictures and team suits are optional. The team suit sizing is scheduled for Saturday, May 2nd 8-11am at the Surprise Aquatic Center. Team pictures will be scheduled and announced at a future date.

END OF SEASON PARTIES

Saturday, July 18, 5:00pm-7:00pm Surprise Aquatic
Center

In celebration of a successful season, each team will have an evening of fun at the pool. We will have a potluck dinner for swimmers and divers and their immediate family. Families are asked to provide drinks and a dish to share. Awards will be given to swimmers and divers at the party and the pool will be available for open swim from 5:00pm-7:00pm.



Have a great season!